

City of Norfolk: Norfolk Community Services Board

## Outpatient Groups List

225 West Olney Road • Norfolk, Virginia 23510

(757) 823-1617

7460 Tidewater Dr. Norfolk VA 23505

(757) 664-6670

### Adult Outpatient Services Group Meetings for 2013

**All individuals seeking entry into these groups must have an Intake assessment completed first then be referred by a staff member of Norfolk CSB**

<b>Anger Management Group**</b>  <b>Group Leader- Kevin Snow</b>	For people who have problems controlling anger, for instance, dx with Bipolar Disorder. <i>8wks; Pulling Punches Curriculum, Homework, handouts, etc. Max 10</i>	<b>Thursdays 1:30p – 3p</b>	<b>Olney 1<sup>st</sup> fl Group Room</b>
<b>Wellness Group**</b>  <b>Group Leader- Katherine Heimsch</b>	For clients with mild depression and/or anxiety– and anyone else who would benefit from finding balance and developing a healthy lifestyle, learning stress management techniques and developing personal wellness goals. <i>Lilly Curriculum Max 12</i>	<b>2<sup>nd</sup> &amp; 4<sup>th</sup> Thursdays 3:30p – 5p</b>	<b>Olney 1<sup>st</sup> fl Conf room</b>
<b>Women's Dual Diagnosis/ Co Occurring Group</b>  <b>Mental Illness and Substance Abuse</b>  <b>Group Leader- Neda Lopez</b>	For <u>women</u> who are interested in learning additional coping skills, time management, building a sober support network, improving self-esteem, & learning strategies for healthier living. <b>Eligibility Criteria:</b> presently have an Axis: I Mental Health & Substance Abuse Diagnosis. Voluntary participants willing and able to work towards mutually agreeable treatment goals & objectives. <b>Exclusionary Criteria:</b> Anyone not actively seeking recovery from substances or mental illness; anyone diagnosed with a <u>personality disorder</u> . <i>12 wks; Interdisciplinary; Max 10</i>	<b>Tuesdays 10a-11:30a</b>	<b>TDC rm 106</b>
<b>Dual Diagnosis/ Co Occurring Group Men &amp; Women</b>  <b>Mental Illness and Substance Abuse</b>  <b>Group Leader- Frank Macek</b>	For <u>Men &amp; Women</u> who are interested in learning additional coping skills, time management, building a sober support network, improving self-esteem, & learning strategies for healthier living. <b>Eligibility Criteria:</b> presently have an Axis: I Mental Health and Substance Abuse Diagnosis. Voluntary participants willing and able to work towards mutually agreeable treatment goals & objectives. <b>Exclusionary Criteria:</b> Anyone not actively seeking recovery from substances or mental illness; anyone diagnosed with a <u>personality disorder</u> . <i>12 wks; Interdisciplinary; Max 10</i>	<b>Tuesday 10a-11:30a</b>	<b>Olney Group Room</b>

**\*\*** ODU students run this group; all group members will pay out of pocket \$3 per session; NO clients with insurance.

**\*\*** NO direct referrals from Crisis Stabilization or Reinvestment services to these ODU groups

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<b>Mood Disorder Group - Women Only</b>  <b>Group Leader- Emily Hughes</b>	This group is great for Women who have been diagnosed with a Mood disorder, including depression with/without anxiety or Bipolar Disorder. No less than 1 yr of sobriety is required. <i>12 wks; Max 10; Uses CBT</i>	<b>Wednesdays 10a- 11:30a</b>	<b>Olney Group Room</b>
<b>Traditional SA Group Group 1</b>  <b>Group 2</b>  <b>Group Leader- Ami Kraber-Phillips</b>	This group is for individuals who have been diagnosed with a substance abuse disorder, or have experienced legal, social, relational or employment problems stemming from substance use.  Secondary Mental Health issues are okay. Random Drug Screens are given <i>Modality: psycho-educational; MET; CBT; transtheoretical.</i> <i>8-12wks Max 10</i>	<b>Tuesdays 5p – 6:30p</b>  <b>Or</b>  <b>Wednesdays 5p – 6:30p</b>	<b>Olney Group Room</b>
<b>Traditional Group: Men Only SA group Group 3</b>  <b>Group Leader- Dr. Melissa Lineberry</b>	For men who have been diagnosed with substance abuse or dependency; must be in Early Remission for at least 1 month. <b>Eligibility Criteria:</b> participants may be voluntary or mandated to participate in treatment, Secondary mental health issues/ personality disorders are accepted. <b>Exclusionary Criteria:</b> Those who are unwilling to actively participate; those who currently have unstable mental health &/or medical conditions that may place the individual &/or group at risk or that may prevent the individual from actively participating & benefiting from the program. Random Drug Screens are given <i>13 wks; Interdisciplinary; Max 10</i>	<b>Mondays 5p-6:30p</b>	<b>TDC rm 105</b>
<b>Women's Education Group</b>  <b>*No referral needed</b> <b>*email Penny Witcher to inform her of attendance</b>	Open to women who are <u>already NCSB clients enrolled in other NCSB services</u> . Weekly meetings include topics such as women and parenting, boundaries (relationships, trust), personality disorders, labels, alcohol and the brain, domestic violence, stages of grief, etc. <b>Free!</b>	<b>Wednesdays 10a-11a</b>	<b>TDC rm 106</b>
<b>Family Education Night</b>  <b>*No referral needed</b> <b>Group Leader- Michelle Alexander</b>	This group is a discussion about the disease of addiction, treatment, recovery, and the reasons the entire family is needed for the healing process. <u>For current clients only;</u> family members of clients may attend as well <b>Free!</b>	<b>Wednesdays 5:30p-6:30p 1x per month- 3<sup>rd</sup> Wed only</b>	<b>TDC rm 203</b>

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<p><b>Men's Health Group</b></p> <p><b>*No referral needed</b></p> <p><b>Group Leader-James Strickland</b></p>	<p>This group is held monthly for <u>current male NCSB clients</u>. The objective is to provide clients with information regarding health issues; the importance of prevention and treatment as well as how to develop a healthy lifestyle. Education regarding how substance use impacts overall health will be discussed.</p>	<p><b>Tuesday 5:30p-6:30p</b> <b>or</b> <b>Wednesday</b> <b>9a-10a</b></p>	<p><b>TDC rm 233</b></p> <p><b>TDC rm 202</b></p>
<p><b>Women's Health Group</b></p> <p><b>*No referral needed</b></p> <p><b>Group Leader- Veronica Molson</b></p>	<p>This group is held monthly for <u>current female NCSB clients</u>. The objective is to provide clients with information regarding health issues; the importance of prevention and treatment as well as how to develop a healthy lifestyle. Education regarding how substance use impacts overall health will be discussed.</p>	<p><b>Tuesday 530p-6:30p</b> <b>or</b> <b>Wednesday</b> <b>9a-10:30a</b></p>	<p><b>TDC rm 204</b></p> <p><b>TDC rm 204</b></p>
<p><b>Women's Pregnancy Education Group</b></p> <p><b>Group Leader- Christina Boykin</b></p>	<p>A pregnancy can be such an amazing time in a woman's life. It is essential for pregnant women dependent on heroin, prescription opiates to receive Substance Abuse Treatment and Education in addition to prenatal care throughout pregnancy. The Pregnancy Education Group provides support, resources to community supports &amp; addresses specific education needs of women in Medication Assisted Treatment for opioid dependence. To assist pregnant women on medication therapy with making good choices throughout pregnancy, topics recommended by SAMHSA such as safety risks of detoxification/withdrawal, Obstetrical concerns, neonatal outcomes, parenting, domestic violence, and post-partum issues are discussed.</p>	<p><b>Wed</b> <b>9a-10a</b></p>	<p><b>TDC rm 233</b></p>
<p><b>Treatment Ready Groups</b></p> <p><b>From Intake- give client group brochure with day, time, location listed; all referrals from Intake to IOP need to go directly to this group; appts for enrollment will be given upon cl showing for this readiness group</b></p> <p><b>Group Leader- Karen Macklin</b></p>	<p>These groups are the 1st step in the substance dependency group enrollment process. Treatment readiness groups are 13-wk education groups designed to provide didactic information for clients. The purpose is to orient clients to the treatment process, increase readiness for treatment, encourage self-exploration, support clients in assessing how their substance use has affected their environment and relationships. Clients will receive their enrollment appointment for the SA dependency group during this group. Open to all NCSB Clients who have completed intake.</p>	<p><b>Wednesday</b> <b>430p-530p</b> <b>OR</b> <b>Friday 9a-10a</b></p>	<p><b>TDC rm 106</b></p> <p><b>TDC rm 333</b></p>

<b>SA Intensive Outpatient Group 1</b>	12-14 week group for those with a substance dependency diagnosis; referrals made from Intake or from staff for clients already enrolled in other NCSB programs. Depending progress client may stepdown to the Mid intensive group.	<b>Mon, Tues, Wed 8a-11a</b>	<b>Rm 333</b>
<b>Group 2</b>		<b>Or Tues, Wed, Thurs 1p-4p</b>	<b>Rm 333</b>
<b>Group 3</b>		<b>Or Mon, Tues, Wed 5p-8p</b>	<b>Rm 203</b>
<b>Mid Intensive Outpatient Group 1</b>	This is a substance group targeted to substance dependent individuals that have been through prior dependency treatment programs but have relapsed and need a more intensive program than Traditional SA groups can offer. Two sessions per week. At least 1 individual session per month.	<b>Mon, Wed 10a-11:30a</b>	<b>Rm 202</b>
<b>Group 2</b>		<b>Or Tues, Thurs 5p-6:30p</b>	<b>Rm 106</b>

**Staff- Please use the Directory of Solutions for program specifics regarding Referrals.**

**Potential Clients- If you do not see a specific cost listed here, please refer to the financial assessment documents you will receive pre/post intake or request another financial assessment.**

**\*\*ODU counselors/pgm 802 does not accept direct referrals from Crisis Stabilization/Reinvestment, nor do they accept client with active substance issues.**